Dear Dave,

6/4/92

As you asked, this update on the sleep apnea. I got the results of the Hopkins test yesterday.

When I was fortunate enough to be able to get apppintments there on three different days this week consolidated. And learned by accident why the urologist was so firmly opposed to my taking the medication for it proposed by the local neurologist: he'd been told by the hematologist that the simple TURP operation, that could cause prostate and usually outpatient, is one I should avoid if at all possible because it might be fatal. The urologist is about to leave on vacation. He called an assistant in to consult with the doctor in charge of their use of an oral rather than an injected medication to deter the growth of the prostate. I'm to hear in a week if they make this switch for me.

Hopkins ruled two of the three treatments for sleep apnea out, medication and surgery. This leaves what is called "CPAP." That involves a mask when sleeping, with compressed room air fed through it, at low pressures but enough to overcome the blockage in the throat. I'm to return the night of the 15th or the 20th for tests with different masks, not tried at Shady Grove for the local neurologist, who also did not ask for it. Now I have to arrange for transportation there at night because we do not want Lil's sister to be parking her car at night in an area where violence is not unknown. There was a murder across the street from her home not long ago. Yet it is a short block only from the main gate to Fort Detrick, with all that security.

Hopkins did not segregate my nonbreathing in to sleeping on my side and back, as Shady Grove had. Their conclusion is that while it may be serious in some respects it had beeter results than they'd expected. This is because I had more deep sleep that they usually find in people my age, when they usually get noen.

They also believe that these results reflect that I am tired even when I do not feel it. This comes from the unexpected and unusual rapidty with which sleep came, on the average in less than five minutes.

I am to try delaying my retiring and see if this lets me now sleep later. That did not happen last night when I wad delayed more than an hour by a phone call from a woman law student working in the Senator Russell archives. She is to send me copies of what she copied from his records. I'll probably have them before you are here and you can then have copies if you'd like. The use of some is retricted by the Univ. Georgia. From what she said it confirms all I said, including on our relationship. It includes a letter of resignation he did not send LBJ, his complaints about being kept in the dark and his statement of strong disagreement with the single-bullet theory.

Delayed sleep did not result in more of it last night.

Best, Harold